







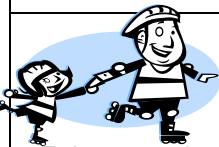


To A Healthier You

February
2007

Sunday	Monday	Tuesday	Wednesday	Thursday ¹	Friday ²	Saturday ³
 <p>Prepare and stock the refrig & freezer with soups, chilies & stews; you can have delicious, nutritious meals in minutes.</p>	<p>Keep fresh fruit and vegetables washed, cut-up, chilled and readily available for snacking.</p>	<p><u>Eat fish at least twice a week.</u> Eating fish containing omega-3 fatty acids (as salmon), may help lower your risk heart disease.</p>	<p>Stop every hour or two to walk and stretch.</p> 	<p>Feb. is National Healthy Heart Month —  A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease.</p>	<p>Limit time spent doing <i>sedentary activities</i> such as watching television, surfing the net or playing computer games.</p>	<p>Take the family grocery shopping so everyone can learn to read the nutrition labels (find: cereal with the most fiber per serving; tastiest non-fat cheese).</p>
<p>11</p> <p>Eat 'nutrient-rich' foods like vegetables, fruits, whole grains & fat-free or low-fat dairy products most often.</p> 	<p>12</p> <p>Hand washing is one of the most effective ways of preventing the spread of colds, flu and other infectious diseases.</p>	<p>13</p> <p>Many cheeses are high in saturated fat. <u>Healthy options</u> are low-fat cottage cheese, part-skim milk mozzarella, ricotta and other low-fat cheeses.</p>	<p>14</p> <p>Balance the # of calories you eat with the # you use each day to maintain a healthy weight.</p> 	<p>15</p> <p>Choose <u>lean</u> meats and poultry without skin and prepare them without added saturated & trans fat.</p>	<p>16</p> <p>French fries, doughnuts, cookies, crackers and fried foods are examples of foods that are high in TRANS FATTY ACIDS — EAT THEM INFREQUENTLY!</p>	<p>17</p> <p>Invent a new dance and name it after your family.</p> 
<p>18</p> <p>If you drink alcohol, <u>drink in moderation.</u></p>	<p>19</p> <p>Always use the stairs.</p> 	<p>20</p> <p>Physical activity is important to all ages. Don't forget to schedule time to run, walk, bike, or whatever activity your child enjoys throughout the week.</p>	<p>21</p> <p>Cut back on beverages and foods with added sugars.</p>	<p>22</p> <p>Nuts can be a healthy addition to any diet. Try sprinkling some chopped pecan over a fresh green salad for a healthy crunch.</p>	<p>23</p> <p>Got the munchies during your work, school, or commute? Try keeping some dried fruits handy for a snack.</p>	<p>24</p> <p><u>Boost your immunity</u> with good nutrition and plenty of rest.</p> 
<p>25</p> <p>Enjoy a weekend afternoon of physical activities at a local community center.</p> 	<p>26</p> <p>Eat a healthy lunch. Replace chips or French fries with cut-up veggies and low-fat/non-fat dip. You will feel fuller, have eaten more nutrients and fewer calories.</p>	<p>27</p> <p>Choose and prepare foods with little or no salt.</p>	<p>28</p> <p><u>Try a handful of carrots</u> instead of pretzels today or add 100% orange juice to your breakfast menu.</p>			